

From The Chef's Table



Culinary Trivia

This food is a modest source of thiamin, riboflavin, niacin and iron, with a long shelf life. It also contains modified food starch, whey, mono- and diglycerides, lecithin, calcium caseinate, sodium stearyl lactylate, cellulose gum and polysorbate 60. It has a guaranteed shelf life of 14 days, but some estimates it can be kept for up to 12 years.
Can you name this food?

Hostess Twinkies.

Cooking Tips

CLARIFIED BUTTER

Clarified or drawn butter is clear, melted butter separated from its milk solids and water. To clarify, melt butter in a heavy saucepan over medium heat. Remove white froth as it forms on top. When the milk solids separate and settle at the bottom of the pan, carefully pour off the clear, yellow butter and discard the milk solids. Compared to regular butter, clarified butter can be heated to a higher temperature without burning and can be stored longer.
One pound of butter makes 12 ounces of clarified butter.

Check out these Local Products this week

Squash
Red Potatoes
Mushrooms
Kale
Asian Pears
Apples

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